



GROUP FITNESS - TIMETABLE

As at 4th August 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00am	LES MILLS PILATES		LES MILLS BODYPUMP		LES MILLS BODYPUMP		
07:30am						LES MILLS PILATES	
08:30am		LES MILLS Shapes				LES MILLS BODYCOMBAT	LES MILLS BODYSTEP Xpress
09:00am	LES MILLS tone			LES MILLS BODYCOMBAT Xpress	LES MILLS tone		LES MILLS Shapes
09:30am		Yogalates	Yogalates	LES MILLS Shapes		<i>Konga</i>	
09:45am	LES MILLS BODYPUMP				LES MILLS BODYBALANCE		
17:30pm	CORE Xpress		Strength Development <small>LES MILLS</small>	LES MILLS BODYPUMP			
18:00pm	LES MILLS BODYCOMBAT						
18:30pm		yoga					

- Timetable subject to change based on instructor availability.
- Please make sure you arrive at least 5 minutes before the starting time, as instructors will not allow entry to any latecomers. This ensures all classes continue to run on time and don't impact later sessions.
- Please bring your own towel to each class and to wipe down equipment using provided sanitation products after use.